



AVIATION MEDICAL BULLETIN™

PUBLISHED BY HARVEY WATT & COMPANY BECAUSE HEALTH AND FITNESS MATTER TO AVIATORS

October 2014

EATING WATCHING TV ALONE

Eating while watching the tube can be even more perilous for your belly than eating at the bar with your buds.

One study from UMass Amherst found that chowing down in front of the TV can bump up your intake of high-calorie fare by as much as 71 percent. Even worse: Your brain subconsciously associates food with screen time, so you train yourself to crave calories when you sit on the couch. Soon you'll find yourself scarfing out of habit, not hunger.

Source: Psychological Reports

GUIDELINES ON GOING GENERIC

The vast majority of generic drugs are safe and effective, but do talk to your doc or pharmacist if you:

Experience any changes. If you switch from a brand name to a generic drug, note any changes or side effects you feel and tell your doctor immediately—you may want to discuss possible alternatives.

Take extended-release meds.

Extended-release medications have special coatings or ingredients that control how fast the drug is released from the pill into your body. The delivery system can vary from product to product. Some extended release medications have the letters "XL" or "LA" or "XR".

Take thyroid medications, anti-seizure drugs or blood thinners.

These drugs affect your blood level, and even the slightest change in medication (i.e., switching to generics) could possibly have adverse effects. Ask your doc or pharmacist if your medication falls into this category, and if he/she can advise on a generic equivalent.

Source: Harvard Health Letter

BLAST SOME BELLY FAT

Believe it or not, following a few simple habits can help you reduce your overall weight.

Don't skip breakfast. Skipping your morning meal is an easy way to earn a round waistline. Not only will you likely overeat at lunch, but when you skip breakfast your body responds by raising cortisol levels, which can lead to fat storage, especially in the abdomen.

Eliminate or greatly reduce sweets. Sugar—the kind you find in sodas, cookies, cakes, etc., causes your blood sugar levels to spike and crash, and when this happens excessively and over time, it gets stored as belly fat.

Get 7 to 8 hours of sleep. Multiple studies have proven that too little or poor quality sleep leads to weight gain, junk food cravings and increased risk of heart disease.

Take 60 seconds to breathe deeply. Chronic stress can cause levels of the stress hormone cortisol to rise. Increased cortisol levels have been linked to increased belly fat. Taking 60 seconds to breathe deeply every day can help you relax and keep cortisol levels balanced.

Source: Men's Health

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LIVING WITH HEART DISEASE

Most forms of heart disease are chronic. In the beginning, symptoms may be too mild to affect everyday life. And in many cases, long-term treatment can keep symptoms under control. But if the heart begins to fail, patients may develop shortness of breath, fatigue, or swelling in ankles, feet, legs, and abdomen. Heart failure can be managed with medication, lifestyle changes, surgery, and in certain cases, a heart transplant.

Medicines Medications play a huge role in treating heart disease. Some drugs help lower blood pressure, heart rate, and cholesterol levels. Others can keep abnormal heart rhythms under control or prevent clotting. For patients who already have some heart damage, there are medications to improve the pumping ability of an injured heart.

Angioplasty Angioplasty is used to open a blocked heart artery and improve blood flow to the heart. The doctor inserts a thin catheter with a balloon on the end into the artery. When the balloon reaches the blockage, it is expanded, opening up the artery and improving blood flow. The doctor may also insert a small mesh tube, called a stent, to help keep the artery open after angioplasty.

Bypass Surgery Bypass surgery is another way to improve the heart's blood flow. It gives blood a new pathway when the coronary arteries have become too narrow or blocked. During the surgery, a blood vessel is first moved from one area of the body -- such as the chest, legs, or arms -- and attached to the blocked artery, allowing it to bypass the blocked part.

Source: Harvard Heart Letter

ARTHRITIS ON THE RISE

More than 20% of Americans adults (46 million) have been diagnosed with arthritis, according to the CDC, and the rate is rising. "Arthritis" includes a variety of joint disorders, notably osteoarthritis, rheumatoid arthritis, and gout. Age is the main risk factor, with half of people over 65 diagnosed with arthritis, compared to 29% of those 45 to 64, and 8% of those 18 to 44. Being overweight also increases the risk. More than 16 million adults say that arthritis limits their activities, making it the leading cause of disability in the U.S.

Source: Self

WHAT IS DEMENTIA?

Dementia is the progressive deterioration in cognitive function—the ability to process thought (intelligence).

Dementia is not a specific disease, rather its all-encompassing term that describes a wide range of symptoms associated with a decline in memory or other cognitive skills that impact a person's ability to perform everyday activities. Alzheimer's disease accounts for the vast majority of dementia cases. Those who suffer from strokes may develop vascular dementia, which is the second most common type of dementia.

Symptoms Of Dementia

According to the Alzheimer's Association, symptoms of dementia can vary, however, at least two of the following core mental functions must be significantly impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

If you or a loved one is experiencing trouble with memory or everyday thinking skills, see a doctor soon to determine the cause and treatment. There are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Source: Medical News Today

EAT MORE WHOLE GRAINS

Believe it or not, whole grains are rapidly approaching fruits and vegetables as one of nature's most life preserving foods.

What Exactly Are Whole Grains?

Whole grains are unrefined grains that haven't had their bran and germ removed by milling. Whole grains include brown rice and oats, or ingredients in products, such as buckwheat in pancakes or whole wheat in bread.

Why Do We Need Whole Grains?

Whole grains are excellent sources of fiber and other important nutrients, such as selenium, potassium and magnesium. Additionally, some recent studies provide further confirmation of their pivotal role in disease protection. In a German report published in the Archives of Internal Medicine, researchers found that amongst 2,500 adults those who included the most whole grains in

their diet had a 27 percent lower risk of developing type 2 diabetes versus those who ate the least. Another study in the American Journal of Clinical Nutrition found a 14 percent reduced risk of colorectal cancer in those consuming the most whole grains.

Whole grains do indeed offer health benefits and disease protection. The most well-documented benefits of whole grains include:

- ✓ Reduced risk of stroke
- ✓ Reduced risk of type 2 diabetes
- ✓ Reduced risk of heart disease risk
- ✓ Improved weight maintenance

How Much Do We Need?

For optimal health, strive to consume at least two to three servings (1 serving = ½ cup) of whole grains daily and remember that physically intact, less processed whole grains like oatmeal (the plain, non sweetened kind), brown rice, barley and high fiber cereals are your best bets for whole grains.

Look Past Color!

Don't be fooled by the color of bread or misleading terminology on packaging. Some refined breads are dark because of molasses, caramel or other coloring. Go straight to the ingredients label to choose breads that identify 100 percent whole wheat or other whole grain

Source: Nutrition Action Healthletter

GERMS, GERMS, GERMS

Public restrooms are known to be havens for germs, but where else would you be likely to find them? A University of Arizona study that tested 800 possible sites found these to be the top havens for germs: shopping cart handles, escalator handles, and vending machine knobs. So wash your hands often!

Source: Self

UNDERSTANDING COLORECTAL CANCER (Part 2)

Surgery

In all but the last stage of colorectal cancer, the usual treatment is surgery to remove the tumor and surrounding tissue. In the case of larger tumors, it may be necessary to take out an entire section of the colon and/or rectum. The good news is that surgery has a very high cure rate in the early stages. If the cancer has spread to the liver, lungs, or other organs, surgery is not likely to offer a cure -- but removing the additional tumors, when possible, may reduce symptoms.

Treating Advanced Colorectal Cancer

When colorectal cancer has spread to one or more lymph nodes (stage III), it can still sometimes be cured. Treatment typically involves a combination of surgery, radiation (being administered here), and chemotherapy. If the cancer comes back after initial treatment or spreads to other organs, it becomes much more difficult to cure. But radiation and chemotherapy may still relieve symptoms and help patients live longer.

Radiofrequency Ablation

Radiofrequency ablation (RFA) uses intense heat to burn away tumors. Guided by a CT scan, a doctor inserts a needle-like device that delivers heat directly to a tumor and the surrounding area. This offers an alternative for destroying tumors that cannot be surgically removed. In patients with a limited number of liver metastases that cannot be removed by surgery, chemotherapy is sometimes combined with RFA for tumor destruction.

Preventing Colorectal Cancer: Diet

There are steps you can take to dramatically reduce your odds of developing colorectal cancer. Researchers estimate that eating a nutritious diet, getting enough exercise, and controlling body fat could prevent 45% of colorectal cancers. The American Cancer Society recommends a diet that emphasizes fruits and vegetables, helps you keep a healthy weight, limits processed and red meat, and includes whole grains instead of refined grains.

Preventing Cancer With Exercise

Physical activity appears to be a powerful weapon in the defense against colorectal cancer. In one study, the most active participants were 24% less likely to have the cancer than the least active people. It didn't matter whether the activity was linked to work or play. The American Cancer Society recommends exercising five or more days a week for at least 30 minutes a day. Vigorous exercise gives you even more benefits in less time -- 20 minutes 3 or 4 days a week.

Source: Mayo Clinic Health Letter

VITAMINS AND YOUR HEART

Do vitamin and mineral supplements really promote heart health? Some studies have suggested that calcium supplements have heart health benefits, and many have shown that fish oil is good for your heart, too. But calcium supplements have recently come under scrutiny following a report that men who took more than 1,000 milligrams of supplemental calcium daily over a 12-year period were 20% more likely to succumb to heart disease than those who didn't take the pills. And while some studies have

found that popping fish oil capsules lowers the chance of having a heart attack or other related problem, others have failed to find such benefits.

Some observational studies have also shown links between heart health and higher intakes of certain vitamins — specifically, vitamins C and E, beta carotene, and three B vitamins (folic acid, B6, and B12). Guidelines from the American Heart Association state that supplements of the vitamins listed above should not be taken to prevent heart disease. Not only do they not help, there's even some suggestion that taking vitamin E supplements may slightly raise the risk of heart failure and hemorrhagic (bleeding) strokes.

The bottom line? It's better to get your nutrients from foods, not pills. When you eat whole, healthy foods, you don't get individual nutrients in isolation — you get a blend of vitamins, carbohydrates, fiber, and some fat, all of which have been proven to be beneficial for heart health

BEST SOURCE OF VITAMINS? YOUR PLATE

Every food group provides some essential nutrients, and certain foods (cereals and milk, for example) are fortified with specific nutrients as well. Vitamin and mineral supplements from a bottle simply can't match all the biologically active compounds teeming in a well-stocked pantry.

By focusing on the big picture — eating a balanced diet that contains a variety of colorful fruits and vegetables, whole grains, beans, nuts, dairy products, seafood, lean meats, and poultry — it's easy to get enough vitamins and minerals. Here are some tips:

Choose healthy fats. Fish, nuts, and vegetable oils contain healthy monounsaturated and polyunsaturated fats. Eat these foods regularly and in moderation. But do limit consumption of saturated fat and stay away from trans fats, found in partially hydrogenated vegetable oils (often used in spreads, baked goods, and fast foods).

Don't forget fiber. Good sources include fruits, vegetables, whole grains, nuts, and dark chocolate. Fiber from grains helps lower the risk of heart disease. Your daily fiber goal depends on your age and sex:

- Men ages 50 or younger: 38 grams
- Men over 50: 30 grams
- Women ages 50 or younger: 25 grams
- Women over 50: 21 grams

Balance energy intake and output. The energy you take

in should equal the energy you use. That means, for example, that if you are sedentary and 5 feet 4 inches tall, you need far fewer calories to remain at your current weight than an active person who is 6 feet tall.

Set a goal. Start by eating one extra fruit or vegetable a day. When you're used to that, add another and keep going. For example, add fruit to your breakfast cereal every morning. Then try eating a piece of fruit for an after-lunch snack. Next, add at least one vegetable to your dinner plate.

ALCOHOL AND FATIGUE

Many people think that a little nightcap will help them sleep soundly through the night. Although alcohol's sedative effects can make you drowsy, they also have other effects that can interfere with quality sleep.

Several hours after that nightcap, the alcohol raises the body's level of epinephrine, a stress hormone that increases the heart rate and generally stimulates the body, which can result in nighttime awakenings. Indeed, alcohol may account for 10% of cases of persistent insomnia. Alcohol also relaxes throat muscles, and this relaxation can worsen sleep-related breathing problems and contribute to sleep apnea. What's more, alcohol may increase the need to urinate during the night — just another way in which it can disrupt sleep.

Alcohol's sedative quality can rob you of energy in another way. Drinking wine, beer, or hard liquor during the day can make you feel drowsy or lethargic. If you didn't sleep well the night before, even one drink can make you drowsy.

One beverage that can boost your energy is plain old water. One of the first signs of being short on fluids is a feeling of fatigue and weakness. Approximately 50% to 60% of your body weight is water, and you are constantly losing water through urine, sweat, and breathing. This water needs to be replenished. Consuming a sufficient amount of fluids in beverages and water-filled foods (such as fruits, vegetables, and soup) will help you maintain your energy.

AVOID ELEVATORS

Walking up and down stairs for an average of 6 minutes a day will lower cholesterol by 10 to 15 percent, and make you 10 to 15 percent more fit, according to a study done by the University of Ulster at Jordanstown in Newtonabbey, Ireland.

Source: Self

STRENGTH TRAINING: WAYS TO GET MORE FROM YOUR WORKOUT

Here are six ways to prevent injury and make the most of your weight training sessions.

1. **Focus on form, not weight.** Good form means aligning your body correctly and moving smoothly through an exercise. Poor form can cause injuries and hinder strength gains because you aren't isolating muscles properly. It's good to start off using light to moderate weight when learning an exercise routine. Concentrate on performing slow, smooth lifts and equally controlled descents while isolating a muscle group. You isolate a muscle group by holding your body in the position specified for each exercise while consciously contracting and releasing certain muscles.
2. **Tempo, tempo.** Control is important. Tempo helps you stay in control and avoid undercutting gains through relying on momentum. And sometimes switching speed — for example, lowering for three counts and lifting for one count instead of taking two counts for each — can enhance power.
3. **Breathe.** Blood pressure rises if you hold your breath while performing strength exercises. Exhale as you work against gravity (when you're lifting, pushing, or pulling); inhale as you relax.
4. **Challenge your muscles.** The optimum weight to use depends on the exercise. Choose a weight that tires the targeted muscle or muscles by the last two reps while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete all the reps, challenge your muscles again by adding weight (roughly 1 to 2 pounds at a time for arms, 2 to 5 pounds for legs); adding a set to your workout (up to three sets per exercise); or working out additional days per week (as long as you rest each muscle group for 48 hours between strength workouts). If you add weight, remember that you should still be able to do all the reps with good form and the targeted muscles should feel tired by the last two reps.
5. **Practice regularly.** A complete upper- and lower-body strength workout two or three times a week is ideal.
6. **Give muscles time off.** Strength training causes tiny tears in muscle tissue. Muscles grow stronger as the tears knit up. Always allow at least 48 hours between

sessions for muscles to recover. You can always do "split sessions" — for example, you might do upper body on Monday, lower body on Tuesday, upper body on Wednesday, lower body on Thursday, etc.

Source: Men's Health

ERECTILE DYSFUNCTION

Size matters, so get slim and stay slim. A trim waistline is one good defense — a man with a 42-inch waist is 50% more likely to have ED than one with a 32-inch waist. Getting to a healthy weight and staying there is another good strategy for avoiding or fixing ED. Obesity raises risks for vascular disease and diabetes, two major causes of ED. And excess fat interferes with several hormones that may be part of the problem as well.

Source: Medical News Today

EATING YOUR VEGGIES

Americans are eating their veggies. But that's only half the story. The top three we're downing are iceberg lettuce (of minimum nutritional value), tomato products (in the form of ketchup and pasta sauce), and potatoes (French fried, naturally).

Source: Arizona State University

WHAT TYPE OF MATTRESS IS BEST FOR PEOPLE WITH LOW BACK PAIN?

If you are like most people, you spend roughly one-third of your life in bed. So it's worth taking a few minutes to think about whether your mattress is giving you, and your back, the support you need.

There hasn't been a great deal of research on this topic, yet a few studies offer some guidance. In the past, doctors often recommended very firm mattresses. But in one study, in which 313 people slept on a medium-firm or firm mattress for three months, those with the medium-firm mattresses reported less pain when lying in bed as well as less pain-related disability compared with those with the firm mattresses.

Another report, based on a waiting-room survey of 268 patients with low back pain, found that people who slept on orthopedic (very firm) mattresses had the poorest sleep quality, while there was no difference in sleep quality between medium and firm mattresses.

While a softer mattress that conforms to your body's natural curves may help your joints align favorably, you

might also sink in so deeply that your joints twist and become painful during the night.

One way to find your dream mattress is to try out different ones. If you spend a night at a hotel or in someone else's house, make note of how you feel after sleeping on the "new" bed. You can also try putting a plywood board under your current mattress (which will dampen any movement from bedsprings) or sleep for a few nights with your mattress on the floor (which simulates the feeling of a firm bed).

Source: Intellihealth.com

EIGHT PRINCIPLES OF LOW-GLYCEMIC EATING

1. Eat a lot of non-starchy vegetables, beans, and fruits such as apples, pears, peaches, and berries. Even tropical fruits like bananas, mangoes, and papayas tend to have a lower glycemic index than typical desserts.
2. Eat grains in the least-processed state possible: "unbroken," such as whole-kernel bread, brown rice, and whole barley, millet, and wheat berries; or traditionally processed, such as stone-ground bread, steel-cut oats, and natural granola or muesli breakfast cereals.
3. Limit white potatoes and refined-grain products, such as white breads and white pasta, to small side dishes.
4. Limit concentrated sweets — including high-calorie foods with a low glycemic index, such as ice cream — to occasional treats. Reduce fruit juice to no more than one-half cup a day. Completely eliminate sugar-sweetened drinks.
5. Eat a healthful type of protein, such as beans, fish, or skinless chicken, at most meals.
6. Choose foods with healthful fats, such as olive oil, nuts (almonds, walnuts, pecans), and avocados, but stick to moderate amounts. Limit saturated fats from dairy and other animal products. Completely eliminate partially hydrogenated fats (trans fats), which are in fast food and many packaged foods.
7. Have three meals and one or two snacks each day, and don't skip breakfast.
8. Eat slowly and stop when full.

Source: Prevention

WOMEN'S MAGAZINE ADS

Seventeen of the top 21 women's magazines carry cigarette advertising. Lung cancer is the No. 1 cancer killer among U.S. women.

Source: Ladies Home Journal

AMUSEMENT PARK STATS

The chance of your being killed from an amusement park ride is one in 250 million. Your risk of being killed driving home from an amusement park is one in 7,000.

Source: Hope Health Letter

ADD YEARS TO YOUR LIFE

Want to live longer? A new study shows just how powerful four simple healthy habits can be in warding off the Grim Reaper. People adhering to all four had only about one-quarter the risk of dying of those who didn't adopt any of the healthy lifestyle practices, adding the equivalent of 14 years to their lives.

None of the four keys to living longer should be any surprise. The investigators awarded one point for each of these healthy habits, for a total score of zero to four:

- ◆ Not smoking
- ◆ Drinking moderately (one to 14 drinks per week, defined as a glass of wine, a half-pint of beer or one shot of liquor)
- ◆ Keeping physically active, either on the job or in leisure time
- ◆ Eating five servings of fruits and vegetables daily, measured by blood levels of vitamin C.

We're not talking about extremes of behavior but easy behaviors that most people can achieve."

Source: Fitness Magazine

OVERWEIGHT KIDS

Many American children are overweight. Where do most of those extra calories come from?

High-fat snacks, such as chips and nachos

- ✓ Regular sodas
- ✓ Sugary drinks like fruit punches and juices.

Reserachers say that many American kids guzzle 1,000 to 1,500 calories a day in sweet drinks.

Source: Hope Health Letter

WHY QUIT SMOKING

When you stop smoking, good things happen. Here are the physiological changes in your body that take place when you stop smoking:

Within 20 minutes. Blood pressure, body temperature and pulse rate will drop to normal.

Within eight hours. Smoker's breath disappears; carbon monoxide level in the blood drops; oxygen level rises to normal.

Within 24 hours. Chance of heart attack decreases.

Within 48 hours. Nerve endings start to regroup. Ability to taste and smell improves.

Within three days. Breathing is easier.

Within one year. Risk of coronary heart disease is half that of a person who smokes.

Within two years. Heart attack risk drops to near normal.

Within 10 years. Lung cancer death rate is similar to that of a person who does not smoke. The precancerous cells are replaced.

Within 15 years. Risk of coronary heart disease risk is the same as for a person who has never smoked.

Source: American Cancer Society

RISING OBESITY WILL COST U.S.

If Americans continue to pack on pounds, obesity will cost the USA \$1,425 per person in 2018, rising from \$361 per adult today.

These calculations are based on the projection that in 10 years 43% of Americans adults may be obese, which is roughly 30 or more pounds over a healthy weight, if obesity continues to rise at the current rate. Extra weight increases the risk of diabetes, heart disease and many types of cancer.

Obesity is going to be a leading driver in rising health-care costs. There is a tsunami of chronic preventable disease about to be unleashed into our medical-care system according to the American Public Health Association.

Using weight data, census statistics and medical expenditure information:

- An obese person will have an average of \$8,315 in medical bills a year in 2018 compared with \$5,855 for an adult at a healthy weight.
- If the obesity rate continues to rise until 2018, then Colorado may be the only state with less than 30% of residents who are obese.
- More than 50% of the population in several states could be obese by 2018: Oklahoma, Mississippi, Maryland, Kentucky, Ohio and South Dakota.

The report adds to the growing body of evidence of obesity's impact on medical costs. In 2008, obese Americans cost the country about double what it cost a decade ago in weight-related medical bills.

Overall, the United States spends about \$1.8 trillion a year in medical costs associated with chronic diseases such as diabetes, heart disease and cancer -- and all three are linked to smoking and obesity, the nation's two largest risk factors.

Source: USATODAY

CHEWING GUM MAY CUT CRAVINGS

You might be able to cut down on snacking by chewing more sugarless gum. During an experiment, people were offered a variety of snacks three hours after a standard lunch and were told they could eat as much of the snacks as they desired. One afternoon the participants also chewed sugarless gum for 15 minutes each hour in the period between lunch and snack time. The other afternoon, gum-chewing was not allowed during that time.

The researchers found that people ate fewer snacks and shaved 40 calories off their in-between meal consumption when they chewed gum, compared with their snack consumption when they didn't chew gum.

Source: HealthDay News

READING VS. WATCHING TV

Want to relax after a hard day? Then try reading instead of watching TV. According to Robert Kubey, PhD, of Rutgers University, coauthor of the book *Television and Quality of Life*, reading is more relaxing than watching TV. Long bouts of watching TV, in fact, can leave people in worse moods than when they started

Source: U. C. Berkeley Wellness Letter

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